

March Activities - Urbana Senior Center

301-600-7020 • UrbanaSeniorCenter@FrederickCountyMD.gov • www.FrederickCountyMD.gov/aging
9020 Amelung St., Frederick, MD 21704 (Lower Level of the Urbana Regional Library)

Mondays 9:00-3:00		Tuesdays 9:00-8:00		Wednesdays 9:00-3:00		Thursdays 9:00-3:00	
*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk. Programs may be canceled if enrollment is low. Activities are subject to change.							
				1 10:45 Daily Exercise 12:30 *English Class 12:30 *Yoga Class 1:00 *Artful Creations: Print Making		2 9:30 Color This 10:45 Daily Exercise 1:00 Cards and Games 1:00 Wii Games 1:30 *Line Dancing	
6 Nutrition Minute “12 Health Tips for 2017” 10:00 Stitching Post 10:45 Daily Exercise Noon *Basic Tai Chi 12:30 Bridge 1:00 *Advanced Tai Chi 1:00 Rummikub 1:15 Book Club		7 Nutrition Minute “12 Health Tips for 2017” 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class Center closes at 4:30 p.m. 5:00 *Supper Club: Bennigans		8 Nutrition Minute “12 Health Tips for 2017” 10:45 Daily Exercise 11:30 MAP: FMH Programs & Support Groups 12:30 *English Class 12:30 *Yoga Class		9 Nutrition Minute “12 Health Tips for 2017” 9:30 Color This 10:45 Daily Exercise Noon *Lunch with Nurse Steve Why do I have trouble walking? 1:00 Cards and Games 1:00 Wii Games 1:30 *Line Dancing	
13 Health Education 101 “Prebiotics & Probiotics” 10:00 Stitching Post 10:45 Daily Exercise Noon *Basic Tai Chi 12:30 Bridge 1:00 *Advanced Tai Chi 1:00 Rummikub 1:00 Spring Cleaning: Volunteers welcome		14 Health Education 101 “Prebiotics & Probiotics” First day of trip registration 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 3:30 Teens Teach Tech 5:30 *Dinner/Games		15 Health Education 101 “Prebiotics & Probiotics” 10:45 Daily Exercise 12:30 *English Class 12:30 *Yoga Class 1:00 Spring Cleaning: Volunteers welcome		16 Health Education 101 “Prebiotics & Probiotics” 9:30 Color This 10:45 Daily Exercise 1:00 Cards and Games 1:00 Wii Games 1:30 *Line Dancing 1:00 Spring Cleaning: Volunteers welcome	
20 10:00 Stitching Post 10:45 Daily Exercise Noon *Basic Tai Chi 12:30 Bridge 1:00 *Advanced Tai Chi Closing at 2:00 p.m. staff meeting		21 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:15 *Fried Chicken Dinner 6:00 *Inside Scoop: Acupuncture		22 10:45 Daily Exercise 11:30 Put Your Best Fork Forward 12:30 *English Class 12:30 *Yoga Class 1:00 Movie Matinee: Julie & Julia		23 9:30 Color This 10:45 Daily Exercise 1:00 Cards and Games 1:00 Wii Games 1:30 *Line Dancing Closing at 2:00 p.m. staff meeting	
27 10:00 Stitching Post 10:45 Daily Exercise 12:30 Bridge 1:00 *Advanced Tai Chi 1:00 Rummikub		28 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class		Upcoming Day Trips Mar. 10 – Rawling Conservatory Mar. 31– Geppi’s Entertainment Museum Like us on Facebook: Urbana Senior Center - Frederick County, MD			

(see other side for program highlights)